



# NEWS RELEASE

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## Make your military health benefit work for you: Updating DEERS

If you are new to the European theater or have recently had a change in your family—such as a move or a new baby—take the time to make sure your military health benefit information is up to date. Over the next month, we'll tell you about four simple steps you can take to ensure easy access to health care when you need it.

### Step 1: Verify Eligibility

The Defense Enrollment Eligibility Reporting System, better known as DEERS, is a database used to determine eligibility for a variety of military benefits, including health benefits such as TRICARE. Inaccurate or outdated information could cause delays or other problems in accessing health care, so it's important to keep this information up to date.

As a general rule, you should check your DEERS information annually by visiting your nearest ID card-issuing facility. But there are other times when you should make a special effort to update your information.

### When to Update DEERS

You should update DEERS whenever you have a change in family or career status. Some examples include:

- Change in address
- Birth or adoption of a child
- Marriage or divorce
- Death of a family member
- Change in rank
- Retirement
- Activation (for Reserve or Guard members)

### How to Update DEERS

You can make simple address changes in DEERS online at <https://www.dmdc.osd.mil/appj/address/index.jsp>, by phone at 1-800-538-9552 or 1-866-363-2883 (TTY/TDD for the deaf), or by fax at 1-831-655-8317.

For other changes, visit your nearest ID card facility, which you can locate using the RAPIDS site locator at [www.dmdc.osd.mil/rsl/owa/home](http://www.dmdc.osd.mil/rsl/owa/home). Keep in mind that you may need to provide documentation such as birth, marriage or death certificates; DD-214s or DD-1172s.

### Next Week: Check Your Coverage